

Journeys through EXPAND

Providing Affordable Fitness, Leisure and Cultural Arts Programs for
Adults with Mild Traumatic Brain Injury and other similar
Neurological Conditions.



Spring/Summer 2017 Participant Highlight and Program Offerings Issue 39



Jessica Weber's Journey Through the Healing of Art—by Diane LaTourrette

In September 2011, Jessica was riding her bicycle when, without warning she flipped over the handle bars and landed on her head. She hit her head, breaking her helmet into four pieces and was rendered unconscious. She was taken to the hospital. She also suffered a fractured finger in her right hand and severe nerve damage to her hand.

Jessica was referred to the Journeys Program in late 2011 by a therapist at Mapleton Rehabilitation Center. She enrolled in the water color program and fell in love with the art form. Her instructor was Barbara Cox Bixby, who had a great passion and spirit. (Jessica had previously studied oil painting in Chicago at the Famous Tree Studios in the 1970's) Her favorite aspects of watercolor are that they give her joy, a touch of confidence and a sense of worth again.

Cory mentioned to her that the Dairy Arts Center was accepting art from Artists who have had to overcome some type of injury, or illness and that she should enter.

270 artists submitted their work. Only 60 forms of art were chosen. Jessica submitted five paintings and one was selected to be hung in the show. The show was juried and there were first, second and third prizes given. The picture Jessica submitted was titled "Shipyard at Sunset". It was beautiful work and, I thought, deserved a prize.

Jessica has a studio in their home and works in it frequently. She prefers all art media and subject matter. Her love for watercolor evolved following her accident. Although she is no longer able to bicycle with her husband, her love for water color fills a void in her life.



Offered by the City of Boulder Parks and Recreation Department
www.BoulderParks-Rec.org
Program Coordinator—Cory Lasher, CTRS
303-413-7269 or lasherc@bouldercolorado.gov

Journeys through EXPAND

Spring and Summer 2017 Program Offerings

Registration Starts March 7



How to Register for classes.

1. Phone in at 303-413-7270 (credit card & activity code required); or
2. Walk in at any one of our three recreation centers; or
3. Call Cory at 303-413-7269 if you have any problems with registering.

Please note. If you cannot pay the full price for class, you can apply for financial aid. Please call Cory at 303-413-7269 to inquire.

Nia—Mon & Wed

Nia combines movements and concepts of yoga, martial arts, jazz and modern dance. Nia offers total body conditioning and helps support neural pathway development. It can be adapted and personalized for any level of fitness and agility. Instructor: Wendy Rochman.

Apr 3—May 24 (16 Classes)

Activity Code: 6193

Fee: \$80R/\$100NR

Time: 2:30 to 3:30 pm

Location: North Boulder Recreation Center—Multi Purpose Room.

Print Making with Wendy Rochman—Tuesday

Each week of this really fun hands-on class, we will explore a different printmaking technique, including Mono-prints, block prints, and collage prints. Composition, color and texture will become intricate parts of our art.

Wendy Rochman, M. Ed. is the director of Blue Window Arts in Boulder. She has been making and teaching art for over 30 yrs. Exhibiting her work in public and private venues throughout the United States.

www.bluewindowarts.com

Apr 4—May 23 (8 classes)

Activity Code: 6195

Fee: \$80R/\$100NR

Time: 1:30-3:30 pm

Location: North Boulder Recreation Center—Multi-Purpose Room

Water Color with Alex Meeker—Thursday

Intermediate Class. You must have some experience with water color. This class you will discover different ways to create your painting by using materials like salt, alcohol, plastic wrap and tape just to name a few. This class is fun and can get your creative juices flowing!

Apr 6—May 25 (8 classes)

Activity Code: 6196

Fee: \$80R/\$100NR

Time: 1:30-3:30 pm

Location: North Boulder Recreation Center—Multi Purpose Room

Pottery— Friday

Students will learn basic glazing and be introduced to the firing process. Hand building techniques will also be taught. Instructor: Ann Fontenot

Mar 10-May 5 (8 classes)

NO CLASS March 31

Activity Code: 6194

Fee: \$100R/\$125NR

Time: 1:30-4 pm

Location: Pottery Lab 1010 Aurora, Boulder



Above print created by Penny Hoge in Wendy's Print Making Class.

Spring & Summer 2017 Outings for Adults with Mild Traumatic Brain Injury and other Similar Neurological Conditions

Thompson House Inn and Tea Room

Guests are welcome to step back in time with hats, gloves, pearls, muffs and stoles provided to wear during your tea time. Tea includes three assorted finger sandwiches, three mini pastries, and a scrumptious scone, Devonshire cream and jam. Must register no later than May 5th . No refunds after this date.

Friday, May 12, 12:15– 4 pm

Activity Code: 6190

Fee: R\$25/NR \$31

Location: Bus will depart from East Boulder Community Center.

Denver Zoo

Bring a water bottle and money for Lunch or pack and carry your own lunch. Must register by May 26. No refunds after this date.

Friday June 2, 10–3 pm

Activity Code: 6191

Fee: R\$25/NR\$31

Location: Bus will depart from East Boulder Community Center

Please Note—Golf Lessons should resume in the Fall. Also, are you interested in Adaptive Water-ski starting June 20th on Tuesday Mornings? Contact Cory at 303-413-7269 or lasherc@bouldercolorado.gov.

Mile High Flea Market

Colorado's favorite place for affordable finds, food & fun. Wear good walking shoes. Bring a water bottle and money for lunch or pack and carry your own lunch. Must register by June 30th.

Friday, July 7, 10 am—2 pm

Activity Code: 6192

Fee: R\$10/NR \$13

Location: bus will depart from East Boulder Community Center.

Wings Over the Rockies Air & Space Museum.

You will enter a world of exploration of flight from its early beginnings to space and beyond. Must register no later than July 24. No refunds after this date.

Thursday, August 3, 1-4:30 pm

Activity Code: 6561

Fee: R\$20/NR\$25

Location: Bus will depart from East Boulder Community Center.

The City of Boulder Parks and Recreation Department's Financial Aid Program provides assistance to those of low income. Forms can be picked up at any recreation center. If you would like Cory to email them to you contact her at 303-413-7269 or lasherc@bouldercolorado.gov.

Please Note! All classes are on a first come, first serve basis and have size limits. Therefore, it is important to register early. If we do not get enough individuals to register for a class we will cancel the class one week prior and provide you a full refund. ***We understand that not everyone can pay the full amount of a class. If this is your case, please call Cory at 303-413-7269 and ask how you can get financial aid. The most important thing to us is your participation. We will make sure it is affordable for you!***

The staff will call you prior to each class you register for to remind you of what to bring and what to expect. It is highly recommended to attend all classes in order to either complete a project or to get the maximum benefit from the class. We hope to see you soon!